



Zoodles with Cherry Tomatoes and Arugula

🕒 20–30 Min   

Preparation

- 1 Spiralize the zucchini and put to one side.
- 2 Heat the olive oil in a pan and fry the cherry tomatoes until they start to break down and go soft.
- 3 Stir in the Tuscan Herbs, continue to fry and season to taste with sea salt and ground pepper.
- 4 Add the zoodles to the pan, mix with the tomatoes and stir briefly.
- 5 Serve the spaghetti on plates, top with the arugula and sprinkle over the Parmesan.

Ingredients 2 Portions

♦ = Kotányi Produkte

2	Zucchini
3 tbsp.	Olive oil
60 g	Cherry tomatoes
1	Handful of arugula
2 tbsp.	Parmesan shavings
2 tbsp.	♦ Tuscan Herbs
1 pinch	♦ Sea Salt, Coarse
1 pinch	♦ Pepper Black, Whole

